



### WHY DO I NEED TO REVISE FOR EXAMS?

You know the feeling: exams are coming up and you have so much content to study. It's time to get serious about exam revision, but it's difficult to figure out how to start. Learning a few revision skills can help you stay organised and confident.

### WHAT?

Learn how to revise for exams, to make sure you're learning the content you need to succeed.

### INSTRUCTIONS:

#### You will need:

- Your class notes
- Materials for study notes, such as cardboard, highlighters, A3 paper

### WHAT TO DO:

- 01 Start early.** Don't leave it until the night before to study. Reduce panic and stress by revising your notes after school each day, from the start of Term. Or begin exam revision no later than a month before exams, so it's easier to retain information.
- 02 It's all in your notes.** After each lesson, write brief study notes in your own words, to begin committing the content to memory. Choose the most important information. The University of Melbourne has a thorough guide to help you choose what to revise and improve your subject knowledge. Revising for exams: <https://students.unimelb.edu.au/academic-skills/explore-our-resources/exam-prep/revising-for-exams>
- 03 Ask your teacher.** Your teacher may be able to let you know which topics the exam will cover. This can help you refine your revision to the topics you'll be tested on.
- 04 Make it visual.** The more you see something and read it aloud, the more you'll remember it. Make your notes visible around your house: use bold colours to make posters or stick Post-It notes and flashcards on the walls you'll look at most. This could be your bedroom, the kitchen, even the back of the bathroom door! Don't spend hours making these look good – stick them up as soon as possible.
- 05 Set it up.** Your study space should be your haven. It needs to relax and inspire you. There should be few to no distractions and it should be ergonomic, with plenty of light.
- 06 Keep it short and varied.** Study a small amount of content each day, instead of huge chunks that take hours to revise. Don't study just one subject all afternoon. Switch between subjects. Your brain won't tire as easily and you won't neglect subjects. Make a study plan to help with this – and stick to it!

## WHAT TO DO CONT:

07

**Hand writing is better.** Go one step further than reading your notes: write them, many times over. Studies show repetitive writing (not typing) helps you remember content. It also helps build your hand and arm muscles so you can write fluently during your exams.

08

**Testing, testing.** Not only should you test yourself, you can ask someone to test you. You'll quickly identify any gaps in your knowledge. Past exams are also a great way to practise and find out how long it takes you to finish. Time yourself under exam conditions: silence, no food and no answers within reach.

09

**Stay healthy.** Eat well, sleep a lot and remember to get fresh air, exercise and downtime. Your memory will function at a higher level!



## GOT IT?

- You have a solid revision process and you're sticking to it. Your notes are effective and help you to remember key points so that you're not drowning in content. You feel confident you're retaining information and you're ready to sit your exams.



## TRY THIS

If you feel like you've nailed it but you want to level up, try this:

- Start testing yourself from the beginning of Term. Do practise exams throughout the term, not just during revision time.
- Give your brain a workout! There are many ways to exercise your brain to improve your memory, such as mediating, playing card games, dancing, or learning a new skill or language. Here are some: <https://www.medicalnewstoday.com/articles/brain-exercises>

## SO WHAT?

- Learning how to revise and absorb information enhances self-discipline and motivation. You can apply these skills to a range of situations, such as learning content for a presentation, job requirements or remembering qualities about people and places.
- Revising something means to 'rethink' it. Critical thinking is an invaluable skill to build on in life. It helps you assess situations and interpret them in your own way. This informs your decisions and means you don't take all information at face value.

## WHAT ACTION WILL YOU TAKE?

- Start looking through your class notes, to decide what you'll write on flashcards or posters.
- Take out your calendar and begin creating your study plan.



## IF YOU LIKED THIS ONE YOU MIGHT WANT TO TRY...

- How to Take Great Study Notes
- How to Organise your Study Schedule
- How to Write Study Goals
- How to Write Personal Learning Goals
- How to Make Time for Study and Downtime